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Encouraging, Paraphrasing,

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Therapy Role Play What To Do

When Clients Cry Role Play:

Person Centred Therapy

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Basic Counselling Skills is a step-by-step guide for all who use counselling skills as part of their role.

Counselling skills are used by professionals and volunteers to help others in

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a wide range of circumstances and settings - including health care, social work, education and agencies, which provide specific advice and support to the public.

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From leading skills expert
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counselling skills,

including: -asking questions
-monitoring -facilitating
problem solving -negotiating
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describes a particular
skill, illustrates it using
clear case examples across a

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range of settings and then helps you consolidate and practise what you've learned through a set of creative activities.

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Presents an introduction for those using counselling skills in the course of their work. This book covers topics such as: starting and structuring the helping process; active listening;

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offering challenges and feedback; facilitating problem-solving; coaching, demonstrating and rehearsing; and strategies for changing thinking.

9781412947473: *Basic*

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*Counselling Skills: A
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The ability to be a good
'helper' or counsellor
depends on knowing your own
feelings and thinking deeply
about how you behave. This
handbook tries to provide

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Some basic counselling skills - like listening, asking ... The exercises in this manual help you
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It explores 17 key
counselling skills,
including: -asking questions
-monitoring -facilitating
problem solving -negotiating

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homework Each chapter describes a particular skill, illustrates it using clear case examples across a range of settings and then helps you consolidate and practise what you've learned through a set of creative

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The key skills covered
include: - Starting,
structuring and summarizing

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the helping process - Active listening - Offering challenges and feedback - Facilitating problem solving - Improving clients' self-talk, rules and perceptions - Coaching, demonstrating and rehearsing - Managing

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resistance and changing
referrals - Conducting
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terminating help Accessible,
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discusses ethical issues and
dilemmas, multicultural and

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*BASIC COUNSELLING SKILLS -
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Core Counselling Skills 1.
Attending. Attending in
counselling means being in
the company of someone else

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and giving that person your full... 2. Silence. Silence in counselling gives the client control of the content, pace and objectives. This includes the... 3. Reflecting and Paraphrasing. ...

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*Basic Counselling Skills
explained [PDF Download ...*

As a definition of
counselling, The British
Association for Counselling
& Psychotherapy (BACP - the
largest organisation in the

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UK (that oversees counselling and counselling ethics) states that: "Counselling takes place when a counsellor sees clients in a private and confidential setting to explore a difficulty the client is

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having, distress they may be
experiencing, their
dissatisfaction ...

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The Second Edition of Basic

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Counselling Skills: A Helper's Manual is written as a straightforward, step-by-step guide to support the training and practice of all those people who use counseling skills as part of their role. Short and

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accessible chapters discuss
base principles of the
helping relationship, then
follow through universal
counseling skills drawing
upon a range of experiential
activities from across the
helping profession.

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...

Basic Counselling Skills is
a step-by-step guide for all
who use counselling skills
as part of their role.

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Counselling skills are used by professionals and volunteers to help others in a wide range of circumstances and settings - including health care, social work, education and agencies, which provide

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specific advice and support
to the public.

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A very accessible text with
clear guidance on how to

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develop basic counselling skills for helpers or those considering progression into a professional counselling role. Mrs Suzi Smale.

Petroc, Petroc. August 18, 2016. Report this review.

Helpful introduction for

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students to counselling.

*Basic Counselling Skills /
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Product Information:

Counselling skills are used
by professionals and
volunteers to help others in

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a wide range of
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circumstances and settings.

This book covers skills

including: active and

attentive listening;

structuring the helping

process; offering challenges

and giving feedback;

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facilitating problem-solving; and, practical strategies for changing thinking.

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Counselling skills help us communicate effectively and enable us to relate better to the people we are talking to. The following are essential to good counselling skills:
Communicating that we are

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listening by providing
verbal or non-verbal
awareness of the other
person.

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